

Mentor's Energizer

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Picture gallery:



Seminars "Let's Make a Better World" with Jan Saeed (USA) at H.V.Desai College (↑) and BMCC (↓)



And at Ahmednagar College too,
July '14.

Please send your photos for inclusion in the Energizer.

The Bahá'í Academy wishes to thank our mentor of the month, Dr Kamlesh Bagmar, for sharing his insights.

The Youthful Years

The youthful years are the time in which decisions are made that set the course of a person's life. How he/she will complete his/her education, begin to earn a living, marry and start to raise a family. Most important of all, it is during this period that the mind is most questing and that the values that will guide the person's future behavior are adopted. These factors present youth with their greatest opportunities, their greatest challenges and their greatest tests—opportunities to overcome the pressures of the world and to provide true leadership for their and successive generations, challenges to form bonds of brotherhood and love with the entire human race, tests enabling them to exemplify high moral standards and universal human values and to walk uprightly in a society filled with loose standards, decadent theories, frenetic experimentation and desperation. A youth walking the straight path will be a beacon of light and a haven for all those who would emulate his strength of character and assurance of soul. It is within the power of the youth to contribute significantly to shaping the societies of the coming decades. They have the potential to channel their energy, capacities and talents towards building a better society and advancing civilization as a whole. In order to do this, they must strive day and night to be endowed with strength, brilliant motives and excellent character. It is a blessing, as mentors, to be involved in this process.

Meet The Mentors



Meet Dr Kamlesh Bagmar, Professor (Dept. of Surgery and Homoeopathic Therapeutics) at Motiwala Homoeopathic Medical College and Hospital, Nashik

How has the experience of taking the training affected you?

The experience of being a mentor is really unique. This mentorship has evolved me as a teacher and brought out the qualities within me. The areas in which I have improved have been related to various objectives of being a mentor, skills and methodology of teaching- learning for imparting clearer perspectives on each subject. Role of consultation in teaching methodology has made the job of a teacher and mentor effective.

What are some of your positive experiences about being a mentor?

I have good experience for the past 9 years since I became a mentor. The best one which I could recall was when I saw a drastic change in the behavior of a student. One who did not dare to talk and stand on the stage started talking and responding confidently.

What kinds of transformations have you seen in your students?

The transformation I have seen in my students relate to their personality growth, increasing their confidence level, building up their motivation, enhancing their effective communication abilities, and living their life with morality. Students also got an idea of preparing action plans and implementing the same for improving their own life.

Do you have any advice for other mentors?

In order to have a values based community one should take this task in hand seriously with addition of values in it.

While imparting education use of all models of Co-operative learning will help both students as well as teachers to grow.

Using the above model, please send your comments and pictures to: energizer@bahaiacademy.org



Karla and Joanna of Westminster College, USA, had 2 months Internship at Academy.



They carried out a Service Learning Activity for special children at Akshar Inst., Wai.



And interacted with local communities too.

Back issues of the Mentor Energizer are available on the website. If you've missed an issue, please feel free to download it at www.bahaiacademy.org

Home Activities Leading to Family Happiness

Our families include those people who are connected to us by bonds of mutual history, whether related to us by birth or by marriage. We play many roles in our families: providers, nurturers, educators, disciplinarians, friends, coaches. Our families are places of love and laughter, joy and passion, transformation, teaching, meaningful work, dedicated time, play, and unity. Nurturing these relationships is important, because their strength is our foundation for a life of dedicated service to humanity. How can we create our ideal family vision?

Practice Love and Agreement

If love and agreement are manifest in a family, that family will advance, become illumined and focused on growing each person's talents and capacities. There are so many little, kind and thoughtful things that we can do for each other each day to show how much we care. Helping another person with a daunting task, listening when someone needs to be heard and being trustworthy are all ways to strengthen the bonds. When people feel valued, they are more willing to give of themselves.

Consult on Family Affairs

Consulting begins with empathy, which means feeling what another person feels. Sharing what we feel and truly listening when others share helps us grow together. Though it may be difficult, having the courage to talk about a challenging subject, with the goal of unity, is the first step toward humble fellowship and frank and loving consultation. This does not mean giving up on values and principles, but enhancing them through sincere, patient, and compassionate efforts.

Celebrate

Holidays, birthdays, religious events, marriages, graduations—there are many reasons to celebrate. Find ways to offer thoughtful congratulations, do a good deed or make a small gift when it's time to celebrate. Joyful participation in the planning, decorating and cooking for an event create an animated atmosphere and special memories. Old traditions which seem stale can become new again with a few small additions here and there.

What's the difference between theory and skill?

"In theory, theory and practice are the same. In practice, they are not." - Albert Einstein

Often universities provide graduates with theories and qualifications but not necessarily skills. A theory or qualification may say "I know this", but a skill says "I can do this". Employers in the 21st century are looking for highly qualified graduates who also have practical skills. The Bahá'í Academy has developed and launched the ASHA Course—Abilities, Skills and Healthy Attitudes, to give post graduate students the opportunity to acquire practical skills for both their personal and professional lives.

Theories are important, because they give us proposed explanations, systems of rules or possible methods for understanding things and beginning a process of accomplishing something. We need them, because without theory, there's little to experiment with or practice. But, theory alone won't get the job done. We need skills for life.

What is a skill? A skill is defined as ability or capacity acquired through deliberate, systematic, and sustained effort to smoothly and adaptively carry out complex activities or job functions involving cognitive skills, technical skills and/or interpersonal skills.

Cognitive Skills teach, for example, how to think, interpersonal skills teach how to relate to others and technical skills teach how to make or do something. The ASHA Course will teach cognitive and interpersonal skills. Cognitive skills include analysis, evaluation, synthesis, extrapolation and conceptualization.

Interpersonal Skills include building rapport, expressing compassion, demonstrating emotional intelligence and exhibiting empathy.

Technical Skills include making, creating, practicing, planning and taking action.

Skills are transferable outside of the classroom, i.e. they don't go away when you walk out the door or pass the test; they are knowledge in action and they benefit self and mankind.

Next month: How can we create social networks with our students?